



A perfect mantra for the Earth energy is the Isht Sodhana Mantra "Dhartee Hai, Akasha Hai, Guru Ram Das Hai". It connects the Earth and the vastness of the ether and projects it from the heart. It is done with visualization. It makes you present, calls on your highest spirit, keeps you humble and effective on your new ventures, and attracts opportunities for prosperity.

**Posture:** Sit in Easy Pose, hands in Gyan Mudra, eyes open 1/10th or closed

**Visualization:** As you chant 'Dhartee Hai' visualize a gray earthy tone from the navel expanding on both sides down to the whole Earth and hold.

As you chant 'Akasha Hai' visualize from the eye brows and brow point up a vast blue sky expanding into the Ethers and hold.

As you chant 'Guru Ram Das Hai' visualize from the Heart Center a circular huge bright white light expanding out in all directions encompassing everything in this light.

**Time:** Chant this mantra for 31 minutes or 11 minutes.

